

THE REFORM DRESS.

Ideas of the British Rational Society as Expounded by the Viscountess Haberton.

SKIRTS CLEARING THE GROUND

Are All Right in Theory but in Practice a Woman Gets Just as Much Mud as With Trailers.

JAPANESE AND SYRIAN DESIGNS.

Two Pictures that Differ from Fashion Plates in Being True to Nature.

(CORRESPONDENCE OF THE DISPATCH.) LONDON, Feb. 22.

OVERVIEW the world view it dress will remain a subject of prime importance to every woman. At one time, some people when they first heard of the Rational Dress Society were apt to say they saw nothing in the present style of dress to call for alteration. But few who are in possession of sight and sense would be able to say this at present. There can be nothing more palpably loathsome than the fashion of trailing the skirt of the dress along the streets, into what the medical papers call "spots," other objects equally disgusting. The women who are in the habit of doing this then go into houses and sit by the fire, when the dried particles of all these horrors float freely about the room to be inhaled by everyone; and though people wipe their boots on coming into a house, no woman makes any attempt at cleaning or disinfecting her dress.

This is not a pleasant subject to write or read about, and hardly mentionable to ears polite, but the mentioning it is unpleasant what shall we think of the thousands who actually do it.

Done With Malice Aforethought. And the length of the dress is no mere accident, for if a lady orders a "walking dress" from her dressmaker, it is now sent home with a good four inches of the skirt intended to trail on the ground, thus making it impossible to doubt the intention of the fashion that the dress while walking should thus be seen. Some people make an attempt to hold up these skirts, but this has the slight disadvantage of making the wearers appear to waddle instead of walk, of exhibiting various forms of underclothing not apparently intended to be seen by the public, of being extremely fatiguing if kept up for long, and in the event of the hand being required for any other purpose the holding of the dress becomes an impossibility.

Some few people do not like to have their skirts actually trailing in the dirt, so they instruct their dressmakers to make it "just clear the ground." The result which usually follows is that they have it about a couple of inches off the ground in front, while at the back it dips at every step and effectively sweeps into the dirt.

Just Clearing the Ground. They never seem to realize that, owing to the inevitable casting of putting much fullness at the back of the dress, the weight of the material soon causes the dress to fall there to the extent of some two inches, and it is this that causes the dirt to be kicked up. Therefore, if they really want their skirt to "clear" the ground they should have it made two inches shorter at the back than they wish it actually to appear to be.

This sort of length is undoubtedly the popular ideal of a short dress—"just clearing the ground." It is also about the shortest for the "flowing drapery" ideal considered by those who hold the same relation to art that false prophets do to religion, as the only suitable attire for women. And it is too long for the beauty which is contained in suitability and harmony. It usually appears to pull round the ankles in walking, and obvious discomfort is inartistic; heels

Need Not Lose Sight of Beauty. Dresses such as here described could be as smart as any we see now if made in handsome materials and with tasteful accessories. We should never lose sight of the fact that smart dress and every-day dress must be made on the same lines. As the majority of women have not large sums to lay out on their dresses, and all dresses begin by being "best," and then in time are used for office, walking or traveling, as the case may be, it is impossible to have quite different styles of dress for the daytime at least.

But the effort to get something better is well worth making, as an unfit and unsuitable dress stamps the wearer as one who must be deficient in common sense, and women perhaps hardly realize how much this general but unconscious verdict injures them in every way.

VISSCONTRESS HABERTON, President British Rational Dress Society.

A NOVEL FLOWER HOLDER.

Pretty Design for the Chandelier, in Which Bamboo is Utilized.

A novel and effective decoration to hang from a chandelier or in the window can be easily constructed from a few pieces of bamboo. Take the largest and the longest for a central stem and arrange the other pieces to surround it. Three or six pieces can be used. Join these by small pieces to the center and fasten a ring to the upper part of the main stem by which to suspend it. Color the bamboo and lacquer help material to ornament it. In cutting the bamboo be sure to cut below the joints, the tube-like space then left serves to hold the flowers or grasses. This holder can be made any size to suit, as the bamboo can be procured of various thicknesses.

How I Made Money. While visiting my cousin in Illinois last month, I learned she had been making money playing with the electric light, using the lightning plate, which she told me worked to perfection. After I got home I sent Dr. H. F. DeLino & Co., Columbus, Ohio, and obtained one of their playing machines and I have now all the work I can do. My brother gets the orders and I do the work, and it is surprising how much work can be had. Everybody has spoons, knives and forks to plate, and you can plate quick and nice. One week I made \$12.50 and last week I made \$9 and didn't do much work. As this is my first lucky streak I give my experience, hoping others may be benefited as much as I have been.

THE one wearing the longer jacket wears a specimen of the "Japanese" skirt. It is of course made dual, i. e., two-legged, though neither in the drawing nor in actual wear is the division apparent. This is due to the manner in which it is cut, and the arrangement of the folds, as there is no overkill of any sort. These skirts cannot be worn longer than the one in the drawing—about 12 inches off the ground. The name "Japanese" was given to this costume as the idea was first taken from part of the dress worn by Japanese noblemen. A form of skirt very similar is also worn sometimes by the women in Japan. Paper patterns of this skirt are now supplied by the Society. It requires careful fitting by

THE TABLE, THE DOODOIR, HOME DECORATIONS AND HIGHEE.

BELTS ARE ALL THE RAGE.

Signs of the Times in the Shop Windows—Utility the First Point in Wearing a Girdle—Form More Important Than Quality.

(WRITTEN FOR THE DISPATCH.) "Belts will be fashionable, for I intend to make them so."

Thus says the conservative head of a leading private dressmaking house in New York, who settles the question of whether the hat ton, those of the inner sanctuary, the Astors and Sloans for instance will wear their girdles girded this summer, or whether gowns, now in the market in large quantities, will be merely popular. The conservative woman of fashion will often exclaim altogether a style because it is popular. What she sees on Tom, Dick and Harry's sisters she doesn't want to wear. But this conservative woman is the model we all—even Tom, Dick and Harry's sisters—are desperately anxious to follow. Hence the importance of the above proclamation.

There is indicated, in fact, by the move that brings in the belt, not a passing fancy, but a radical change in gown construction. This should be clearly understood, for than this tendency there is nothing more important to note in the contemporary history of the toilet.

Confining the Garment. There are two ways of confining the garment to the person: One by curved in seams and the other the belt. One constrains the cloth merely over the figure, making a cloth mold; the other permits a freedom to the fabric to fall in folds and display its natural beauty, and the constraint is apparent and seems adequate, as it should. We have of late seen both styles worn at the same time, and therefore may be able to form an independent judgment as to the aesthetic merits of each. Who could choose the unnatural and ugly besque, clinging to the form without apparent means or reason, to the girdling zone with its puckered folds? On high Olympus and throughout



A Late Picture of Bernhardt.

and unity. But if you add a second girdle, loose and drooping and signifying thus that its purpose is other than constraining the gown, and to this attach your bag, there will be harmony and unity still, as before, because this second girdle will be completely fulfilling its purpose. In this way elegance and beauty will be served, as they cannot be by the common compromise.

Form More Important Than Quality. If one would be supplied at all cost with belts to make a fashionable appear-

ance, it is well to remember that it is not in the quality but in the form that the fashion inheres. Richness will not enhance use, from whence comes the greatest beauty of the belt. The simplest form of girdle is of leather, with holes and a buckle. Such belts are fashionable, in good taste on cheap or common fabrics, such as cotton and wool, and cost little. For all finer gowns are the ribbons, fashionable and beautiful and inexpensive. Ribbons will be used for belts, passed round once, twice or thrice, and tied in a bow at one side of the front, and for evening and dinner dresses they will be made

all record of clothes in history the girdle has been famed, a chief essential of the beauty of dress. But fancy a post being inspired by a goddess! No surer sign of a healthy art revival in dress than this promise held out by the belt.

Do not treat the belt as an ornament. It has a distinctively useful purpose. When the style of the costume requires it, it is an essential part of the costume. This is the chief esthetic point in the wear of the belt. It must have an appearance at least of containing the fabric; there must seem to be a reason for it, even though the fullness is sewed down to a fitted lining. When you put a belt over a smooth waist there is obviously no use for the belt and it appears superfluous, and though both fabric and belt be of precious materials, the result will be without elegance.

Greek Women Concealed Their Belts. It may be ornamented, may be a rich jewel, the most eminent jewel of the costume, but its superiority over other jewels lies in its being of pre-eminent use. Greek women understood that its greatest beauty comes from its usefulness in constraining folds, that with them often the drapery fell over and concealed it entirely. Let the most beautiful of women wear the belt with elegance we must consider first its use, and afterward what it shall be made of.

Advanced Knowledge Regarding the Spring Importations says that leather belts will be used for walking, and all dresses begin by being "best," and then in time are used for office, walking or traveling, as the case may be, it is impossible to have quite different styles of dress for the daytime at least.

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WORKING ON \$1 A WEEK.

Edward Atkinson Shows How to Live Economically—Twenty-Two Cents a Day Will More Than Supply Foods—Recipes for Cooking Rice.

(CORRESPONDENCE OF THE DISPATCH.) BOSTON, March 11.—Boswell, fates and air the principal elements of food are protein, starch and carbohydrates, which include grains and sugar and fat. Protein, the nitrogenous element, is necessary to the production of muscle, to the development of strength. Starch is necessary to maintain the tissues of the body in working condition. The function of fat is to serve as a reserve source of the vital heat necessary to sustain a well-built body. If it were not for this reserve one day's indigestion or fasting might be fatal.

There are also in food mineral salts and other minerals, each having a distinct name, but they need not be considered in detail. It would be difficult to make up a dietary of common articles of food that would not contain a sufficient measure of these substances for adults. (Of course the growing child needs more phosphate of lime, for instance, than the adult.)

WHAT VARIOUS FOODS CONTAIN.

The protein is derived from the lean part of meat and leguminous plants, beans, peas and some others; it is also found in more or less proportion in every kind of grain. The starch is found in almost every variety of grain and vegetable food. The fats (which are contained in some measure in some kinds of vegetables and grains, notably in Indian corn), are mainly derived from the fat of meat, from butter and other substances of like kind.

In late years the exact proportions assumed to be necessary of these selected nutrients of a German soldier in last year's campaign are being determined. They differ a little in Germany, Great Britain and the United States respectively, according to the varying conditions of the climate; the greater changes and the colder temperature of northern European States call for a somewhat larger proportion of fat than is given in European diets. As the nutrition of the animal man is affected by his food, his like, his dislikes and his varied appetite, it is easier to lay down the rule for the nutrition of beasts than of men.

SUSTAINING LIFE IN BOSTON.

I have lately computed a dietary for an adult working man in Boston at the standard of nutrition of a German soldier in last year's campaign, in order to find out what it would cost. The cheapest dietary is as follows:

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Can Live on 71.2 Cents a Day. The constants would suffice to sustain life without yielding much force to put into work. At the present day, a ration which would support the life of an adult man or woman—can be bought in Boston for 71.2 cents a day.

This life ration may be added a work ration. This work ration may be had at a low price for the tougher parts of meat, or at a higher price for the most tender and popular cuts. It is not an substantial difference in the nutrition; if properly cooked either will yield appetizing and nutritious food. The computation of prices of the various meats is given in the foregoing table was made in the spring, when veal is cheap. This work ration, disregarding fractions, can now be purchased in Boston for 13.4 cents. A little fruit may be added, bringing the total cost of subsistence to \$1 a week. This work ration may be varied by substituting milk for a part of the meat.

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HOW A CREOLE COOKS RICE.

A Variety of Dishes, and One Especially Suited to the Lenten Period. As a winter vegetable rice cannot be too highly commended, and to the economical soul of France, its cheapness is a large recommendation. It is an inevitable dinner dish with the creoles; all the dusky dames of cuisine know how to cook the pearly grains so that each stands separate from the other, yet is tender to the taste.

To serve simply boiled rice molded attractively is a task daily accomplished to perfection by any creole anywhere. The usual serving shows a golden, pasty mass, more like ily-mashed starch than anything else, and about as nutritious and palatable. The creole knows that to properly boil rice it should not be covered while cooking; that it must be thoroughly picked over; washed in three waters, and every imperfect and discolored grain cast aside. She puts it to boil in plenty of boiling water, allows enough for the grains to play about freely, and adds salt in the proportion of a teaspoonful to a cup of raw rice. She lets it simmer for ten to fifteen minutes, in order to find out what it would cost. The cheapest dietary is as follows:

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If this delicate soup of maize is well made it will be found very palatable, very nourishing.

When economical France has cold boiled rice left over, she calls it "cassoulette," or waffles, or, as putting it in a pan, all of which she adds her own quaint touch that reveals undreamed of possibilities in these plain commodities. She serves the pudding baked in forms, its creamy delicately browned and accompanied by a rich sauce thick with cinnamon; the waffles she makes with a cup of rice to one-half cup of flour, two eggs and a cup of milk. She uses a little butter the size of a walnut and salt to taste, and but one teaspoonful of baking powder. It is in their baking and serving her exceeding excellent recipes; they are browned or perfumed, pill light, buttered generously, served very hot, with powdered cinnamon and sugar sifted over. Here again does the safe steady heretofore charcoal answer, the waffle iron never gets too hot or too cool, but stays as it should—Francoise knows how to manage that.

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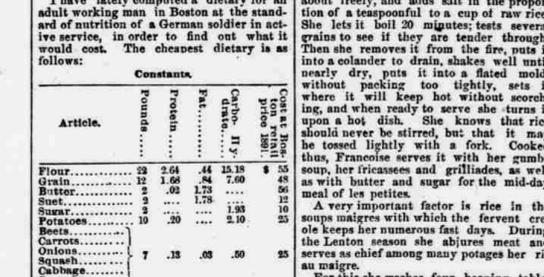
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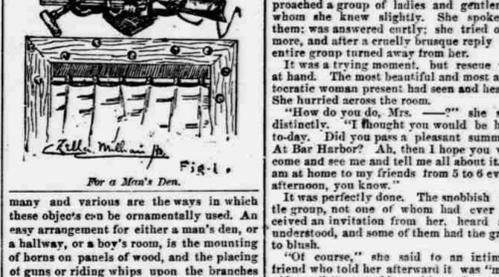
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Table with columns: Article, Protein, Fat, Carbo. Hydr., Vit. Min., Cost per Month. Items include Flour, Grain, Butter, Sugar, Potatoes, Carrots, Onions, Beans, Apples, Cabbage, Parsnips, etc.

Can Live on 71.2 Cents a Day. The constants would suffice to sustain life without yielding much force to put into work. At the present day, a ration which would support the life of an adult man or woman—can be bought in Boston for 71.2 cents a day.

This life ration may be added a work ration. This work ration may be had at a low price for the tougher parts of meat, or at a higher price for the most tender and popular cuts. It is not an substantial difference in the nutrition; if properly cooked either will yield appetizing and nutritious food. The computation of prices of the various meats is given in the foregoing table was made in the spring, when veal is cheap. This work ration, disregarding fractions, can now be purchased in Boston for 13.4 cents. A little fruit may be added, bringing the total cost of subsistence to \$1 a week. This work ration may be varied by substituting milk for a part of the meat.



A Late Picture of Bernhardt.

ance, it is well to remember that it is not in the quality but in the form that the fashion inheres. Richness will not enhance use, from whence comes the greatest beauty of the belt. The simplest form of girdle is of leather, with holes and a buckle. Such belts are fashionable, in good taste on cheap or common fabrics, such as cotton and wool, and cost little. For all finer gowns are the ribbons, fashionable and beautiful and inexpensive. Ribbons will be used for belts, passed round once, twice or thrice, and tied in a bow at one side of the front, and for evening and dinner dresses they will be made

all record of clothes in history the girdle has been famed, a chief essential of the beauty of dress. But fancy a post being inspired by a goddess! No surer sign of a healthy art revival in dress than this promise held out by the belt.

Do not treat the belt as an ornament. It has a distinctively useful purpose. When the style of the costume requires it, it is an essential part of the costume. This is the chief esthetic point in the wear of the belt. It must have an appearance at least of containing the fabric; there must seem to be a reason for it, even though the fullness is sewed down to a fitted lining. When you put a belt over a smooth waist there is obviously no use for the belt and it appears superfluous, and though both fabric and belt be of precious materials, the result will be without elegance.

Greek Women Concealed Their Belts. It may be ornamented, may be a rich jewel, the most eminent jewel of the costume, but its superiority over other jewels lies in its being of pre-eminent use. Greek women understood that its greatest beauty comes from its usefulness in constraining folds, that with them often the drapery fell over and concealed it entirely. Let the most beautiful of women wear the belt with elegance we must consider first its use, and afterward what it shall be made of.

Advanced Knowledge Regarding the Spring Importations says that leather belts will be used for walking, and all dresses begin by being "best," and then in time are used for office, walking or traveling, as the case may be, it is impossible to have quite different styles of dress for the daytime at least.

But the effort to get something better is well worth making, as an unfit and unsuitable dress stamps the wearer as one who must be deficient in common sense, and women perhaps hardly realize how much this general but unconscious verdict injures them in every way.

Need Not Lose Sight of Beauty. Dresses such as here described could be as smart as any we see now if made in handsome materials and